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## SuperFoods hopefully will contribute to weight loss

It's a bird! It's a plane! It's SuperFoods!

Old Guy looked into the mirror this morning trying to see visible evidence of weight loss success. Seeing none, I stepped on to the scale and was pleased to find that another pound has left this aging, 54-year-old body. Apparently, the workout regimen is doing something, if not quickly, at least steadily -- and right through the holidays.

During the past four weeks, many readers have stopped me in the ice cream aisle of Copp's Foods (I wasn't buying, just visiting) to wish me well in my pursuit of svelte-ness. And while I certainly appreciate the support of others (it's the reason I made my weight-loss effort so public), it is way too early for Old Guy to be celebrating true success. Truth be told, I can lose two pounds overnight without thinking about it. It is from this point on that the going gets tough.

My improvised gym in the basement appears to be working for me, and there even might be some snow left outside on which to cross-country ski for a second time this year.

In a telephone conversation with my long-time friend Jeff in Indianapolis last night, he proudly and with good reason told me of his 36-pound loss in the last year. How did he do it? "Well," he said, "I joined a gym, had a workout regimen designed for me, and I began eating SuperFoods."

Not being familiar with what SuperFoods are, I asked Jeff to fill me in.

"They're from the book of the same name by Steven G. Pratt, M.D., and Kathy Matthews," he said. "Basically, the book tells you how to combine 14 foods that work together to get you fit and keep you fit."

As Jeff explained it, those 14 foods include beans, blueberries, broccoli, oats, oranges, pumpkin, wild salmon, soy, spinach, tea, tomatoes, turkey, walnuts and yogurt. According to the book, eating these foods actually can halt the incremental deterioration that leads to common ailments and diseases.

Well, Old Guy is all for that, let me tell you. So, I purchased the SuperFoods book today with the intention of reading it from cover to cover. Because, if my buddy Jeff can slim down by 36 pounds in a year eating the 14 SuperFoods, that's exactly the result I hope to achieve as well.

Dr. Charles Sorenson will be watching my progress from above, from now on. This fit, active, and retired doctor from Wisconsin Rapids and Winter, Wis., passed on last week due to a recently discovered, rapidly developed cancer. Until just a few weeks ago, he was climbing mountains. Still-Young Bride and I became acquainted with Chuck and his wife, Nancy, on a tour of Germany in 2000. A sweeter couple you won't soon find.

From this point on, I am dedicating my weight-loss effort to Chuck Sorenson. May he rest in peace as a shining example of how to live -- full-out and non-stop, enjoying all that life has to offer, in wise moderation. So long, Chuck.

Old Guy's current weight: 224 pounds; loss since 12/14/07: 2 pounds.

Steve Raap is a long-time resident of the town of Rome. His bi-weekly column of stories, observations and reflections is titled God's Home, which is the unofficial motto of the town. His public weight loss attempt continues throughout 2008. Steve can be reached at raap@wctc.net.